

Order of Service - January 8th, 2023

Self-Care

Celebrant - Laura Kushner - In Person

Reflection Title - Self Care (Dovetails with New Year's Resolutions or not)

| | Component | Person | Title/Description | Audio Source | Video Source |
|--|-------------------------------|--------|---|----------------------------------|---|
| 1 | Display Order of Service | | | [Audio Playlist] | [Slideshow] |
| 3:25 - Check that the celebrant and welcome speaker are ready. 3:30 - Introductory technical announcements - Mute All and invite first speaker to unmute. Cue for Welcome Speaker = "Recording Started" | | | | | |
| 2 | Welcome/Board Minute | Alice | Intro of Laura - EG Montclair | [Speaker] | Camera Guen [Slideshow] |
| 3 | Chalice Lighting | Laura | | [Speaker] | Camera |
| 4 | Song | Markus | 6 Just as Long as I Have Breath | Video-Audio | [video] |
| 5 | Time for All Ages | Laura | Vasilisa the Brave | Speaker | Camera |
| 6 | Joys and Sorrows + Meditation | Chris | Type in chat or say out loud | [Speaker] | Camera (auto switch) |
| 7 | Song | Markus | 1053 How Could Anyone | Video-Audio | [video] |
| 8 | Reading | Sarah | Reading 2023.01.08 | [Speaker] | Camera |
| 9 | Anthem | Markus | You Can Love Yourself - Keb Mo | Video-Audio | |
| 10 | Reflection | Laura | The Act of Self Care and Making Smart Resolutions | [Speaker] | Camera |
| 11 | Interactive | Laura | When do we hesitate to ask for | [Speaker] | Camera Slideshow] |

| | | | | | |
|----|-----------------|--------|--|--|---------------------------------------|
| | | | help and why? What can we do to give ourselves permission to ask for help? | | |
| 11 | Share the Plate | Chris | Beacon Hope and Equity Center | Video-Audio Making Big Change Together - Beacon Hope and Equity Center | Camera Slideshow] |
| 13 | Closing Song | Markus | 116 I'm on My Way | Video-Audio | [video] |
| 14 | Closing Words | Laura | | Speaker] AI/ | Camera AI/ |
| | coffee hour | | | | |

Reflection Theme/Summary for Newsletter

WORSHIP MATERIALS and LINKS

Board Minute/8th Principle

Chalice Lighting

Readings

By Donna Ashworth

Why do we start a new year, with promises to improve?

Who began this tradition of never-ending pressure?

I say, the end of a year, should be filled with congratulations, for all we survived. And I say a new year should start with promises to be kinder to ourselves, to understand better just how much we bear, as humans on this exhausting treadmill of life.

And if we are to promise more, let's pledge to rest, before our bodies force us.
Let's pledge to stop, and drink in life as it happens.
Let's pledge to strip away a layer of perfection to reveal the flawed and wondrous humanity we trust are inside.

Why start another year, gifted to us on this earth, with demands on our already over strained humanity.

When we could be learning to accept, that we were always supposed to be imperfect.

And that is where the beauty lives actually.

And if we can only find that beauty, we would also find peace.

I wish you peace in 2023.

Everything else is all just part of it.

Let it be so.

Closing Words

Action Items - Emails

- ~~Confirm Welcome Speaker~~
- ~~Bring A Friend~~
- ~~Shared Plate recipient?~~
- ~~8th Principle~~
- ~~Readers—Sarah~~
- ~~Tech Person—Chris~~
- ~~Time for All Ages—Laura Vasilisa the Brave will read in person~~